



Heritage Center

October 2016



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 East 6150 South
Murray, UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov
Director: Tricia Cooke



The annual Oktoberfest will be held on **Friday, October 21** from **11:00-1:30**. Registration for this event begins on Thursday, September 29. The cost is **\$8** and

includes lunch and entertainment by Polka Doodle Doo band. When purchasing your seats, specify if you want chicken or bratwurst. Up to 8 tickets (a table) may be purchased by an individual. *This event has sold out every year since 1989.* Do not delay in purchasing your tickets or group table. Register early, seating is limited and tickets go quickly.

Polka Doodle Doo features Kevin Scott Christensen, a local accordionist who has been playing German folk songs for years. Kevin is also well known for playing piano at Pioneer Theater and Ballet West. Mark Chaney on percussion and Pamela Lemons on clarinet will also be playing with Polka Doodle Doo for our Oktoberfest celebration. You must have a ticket to join in the fun!

Services Offered

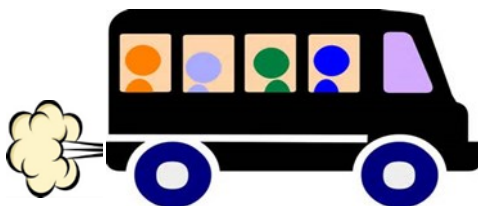
Arts & Crafts
Cultural Programs
Education
Exercise
Health Services
Information and Referral
Lunch Program
Recreation
Socialization
Transportation
Travel
Volunteer Opportunities



Friday, Oct 21
Oktoberfest
Monday, Nov 7
Veteran's Brunch
Wed, Nov 16
Thanksgiving Meal
Friday, Dec 2
Holiday Boutique

Transportation — From your home to ours

Please inquire about our weekly transportation service offered here at the Murray Heritage Center. We offer transportation to seniors who are Murray residents on Wednesdays. We would love to get enough riders to expand to more days of the week. Rides are \$1.00 each way. Please speak with the Front Desk if you are interested in this service.



Winter Brunch Cafe

We will be offering our **Brunch Café** in the dining room on **Thursday, October 13** and **Thursday, December 8** from **10:00 until 12:00**. You will be able to choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order. You will meet the cashier in the dining room to fill out your order form and pay. Next, take a seat and a server will pick up your completed order and take it to the kitchen. Calli and her team will get your order ready and your server will bring it out to you at your table.



Please come and enjoy!

This breakfast is in lieu of lunch that day so be sure to come early.

Volunteers still needed!!

The Heritage Center Newsletters are saved for future reference at murray.utah.gov (department Heritage)

Staff Information

Murray City Administration

Mayor: Ted Eyre

Public Services Director: Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Center Staff

Director — Tricia Cooke

Program Coordinators — Maureen

Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Miranda Carter

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistant — Chris Miller and

Nathan Root

Custodian — Don Smith

Vehicle Driver — Robert Himes

Volunteers: Jerry Budd, Chuck Dillard

Building Attendant — Pete Wright

Heritage Center Advisory Board

Judy Baxendale, Brenda Clausen,

Donna Gaydon, Ed Houston, Jenny

Martin, Erich Mille, Pete Wright, Rod

Young

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at **mcreg.com** — all you need is an email address. Go to **mcreg.com** and select "**New Account.**" Once you have created your log in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person" — simply stop in or call the front desk to register.

Miscellaneous Information

This **newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address. It is also available for pick up at the Center, online at www.murray.utah.gov, or mailed to your home with a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Center accepts all major **credit cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person. All charges made will show from "Murray City Parks" on your credit card statement.

Inquire at the Front Desk about the following:

- **Advertising** in the monthly newsletter
- **Classified Ads** in the monthly newsletter
- **Gift certificates** for programs

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by participant donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income guideline is \$15,889/year for an individual. Applications are available at the front desk or see the Center Director.



Pick up your 20% senior discount punch card at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Community Rewards Program**, but only **IF** you link your rewards card to us. To enroll, go to smithsfoodanddrug.com and register the Heritage Center as your favorite charity. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

New Retiree Medicare Class

On **Tuesday, October 11** at **10:30**, SLCo Aging Services will be at the Center to present options on Medicare choices for those turning 65 this year, those who need to know more about obtaining Part-D prescription coverage, or those who need help reviewing available Medicare Plans. This representative will cover the changes in Medicare for 2017, give a presentation of the four parts of Medicare (A, B, C, and D), and answer all your questions or concerns. Do not miss out on this free informative presentation. Sign up now.

Open Medicare Enrollment for 2017 is October 15-December 7.

Climbing the Peaks

On **Tuesday, October 18** at **10:30**, Carol Masheter will be at the Center to present Carstensz Pyramid in Papua, Indonesia. Little known except among mountaineers, Carstensz Pyramid is a sharp fin of limestone over 16,000 feet in elevation surrounded by mountainous jungle on the big island north of Australia, a part of the world wracked by violence. This is a free class. Sign up now.



Vertigo Class

On **Wednesday, October 19** at **10:30**, David Wetzel, PT, will be at the Center to discuss *vertigo*, which is a condition where the person becomes dizzy and feels like the environment around them is in motion. Symptoms include nausea, vomiting, loss of balance, blurry vision, and possible hearing loss. This is a free class. Sign up now.

Watercolor Class

John Fackrell will begin a new 6-week watercolor class from 9:00-12:00 on **Monday, November 7 through Monday, December 12.** Registration begins Tuesday, October 25 and the cost is **\$33**. Prior watercolor experience is necessary to participate.



Vital Aging

On **Tuesday, October 25** at **10:30**, we will present a new wellness class called **Coping with Pain**. Living with chronic pain is difficult. This class will provide an opportunity for individuals suffering from chronic pain to share their stories with others in an atmosphere of support and empathy. Information, support, guidance, and strategies for dealing with chronic pain will be offered. We will explore the mind-body connection to help find relief from pain and practice relaxation and distraction techniques. This is a free class. Sign up now.

Tifani from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues they may be having in their life.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, October 25** from **9:30-2:30**. Sign up now at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. **The instructor will collect the fee at the start of the class.** Make checks out to AARP. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending this class.

Fall Prevention

On **Friday, October 28** at **10:30**, Sean Gibson, PT, will be at the Center to discuss issues regarding falls. One in three seniors aged 65+ fall each year, and this number increases to one in two by the age of 80. Falls are the number one cause of injury-related deaths. Falls are NOT a normal part of aging. The number of falls can be substantially reduced through evidence-based interventions, lifestyle changes, and community partnership. Come and learn how you can prevent a fall that could threaten your health and independence. This is a free class. Sign up now.

Wednesday Painting

Our watercolor and oil class is currently full and will run through Wednesday, November 9. More information about upcoming classes will be in our November Newsletter.

Smile Evaluation

Dr. Mark Christensen invites you to look at smiles at **10:30** on

Wednesday, October 26. He will present pictures of people wearing two different types of dentures and will ask the group to help determine which denture looks better. Every participant that pre-registers and attends this class will receive a free lunch ticket for Wednesday, October 26. We need at least 15 participants for this class. Your participation will help improve dental technology and give people a better smile. *This is a free class. Sign up now.*



Veterans Needed for Special Project



War Veterans from the Heritage Center and students from Murray High School and West Jordan High School will be working together to tell the stories of our Center's Veterans. We are looking for any Veterans from World War II, Korea, and

Vietnam. This will be an excellent opportunity for both students and Veterans. *Sign up now at the front desk if you are interested in participating in this project.*

Holiday Boutique Craft Fair

The Holiday Boutique will be **Friday, December 2.** Please contact Maureen if you are interested in a table to sell handmade arts and craft merchandise. The cost will be **\$30** and the application and sample must be submitted by *Wednesday, October 5.* Sellers will be contacted later in October once the selection committee has made a decision on who will be participating.

Senior Learning Network

Through the wonders of video conferencing, the Center will continue to offer special interactive presentations from around the country through the Senior Learning Network. *These presentations are free. Sign up now.*



1:00 on Thursday, October 13: "Bison Banquet"

Badlands National Park is home to a population of approximately 800 bison. Learn about the bison's natural and cultural history as you explore the many traditional Native American uses of bison.

The Center bus will be traveling to Antelope Island this month. See page 10 for more details.

Gadget & Computer Help

The computer lab has six personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held.

The Center also has an iPad available for use while at the Center if you would like to try out a tablet. There is no charge to use the computers, but users must sign-in and list the computer they are using. Any printing costs 5¢ per page. Individual computer help is available with Calli on **Wednesday and Friday** or Bob on **Tuesday** for one hour appointments and the cost is **\$3.** *Registration and payment is needed in advance.*



Ceramics

The ceramic class runs on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

Crafts

A small group of crafters meet on **Tuesday from 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

Wood Craft

Please join us on **Tuesday, October 11 at 2:00**, when we will paint a lamb door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. *Register now for this class.* You will be able to finish the project and take it home the day of the class. The wood craft class is held the second Tuesday of each month.

Veteran's Brunch

The Veterans Brunch is on **Monday, November 7 at 11:30-12:30.** Entertainment by Kevin Scott Christensen on the piano. Cost is **\$1** for Veterans or **\$6** for all others. Tickets will go on sale beginning *Tuesday, October 11.* Thank you to Serenity Funeral Home for donating part of the cost for the Veterans' meal.

Haircuts

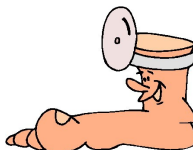


The Center offers haircuts for men and women on **Tuesday** from **9:00 to noon**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. Please specify when registering if you would like a wash. The barber is Jocelyn Anderson.

Appointments are every 20 minutes, starting at 9:00 and payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, October 27** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is **\$10** and advance payment is required. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*



Massage

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist, provides massage therapy on **Friday** from **11:45-3:45**. Cost is **\$18** for a half hour or **\$36** for an hour. Payment is required at time of scheduling.

Flu Shots

Community Nursing Services will be at the Center on **Friday, October 14** from **10:00-12:00**. You will be able to choose the regular Influenza Vaccine (Trivalent three strain), High-Dose Vaccine (for over 65), or Pneumonia shots. This year, Prevnar 13 (PCV13) is recommended for all seniors 65 years of age and older that have not previously received this pneumococcal vaccination. The best time to come on flu shot day is NOT at the very beginning and fasting is not necessary. You MUST bring the following with you before receiving the flu shots: your insurance or Medicare card (and have Part B) and photo ID. Community Nursing Services is contracted to directly bill most health insurances.

If you don't have insurance, the regular shot cost is \$35, High Dose \$50, Pneumonia (PPSV 23) \$90, and Prevnar 13 is \$190.00. As we age, our immune system weakens and our ability to fight illness decreases. Adults age 65+ are more vulnerable to influenza. Vaccination is safe, effective, and considered to be the best way to help protect against influenza. No sign up necessary.

Blood Testing

Blood testing is scheduled for **Thursday, November 3** from **9:00-11:00**. The cost is **\$22** for a Lipid Profile and Hemoglobin A1C. Break-down: Lipid Profile **\$15**, Hemoglobin A1C **\$7**. Fasting is required for Lipid Profile. Appointments are needed and payment is made to IHC the day of the test. Results are mailed to your home in approximately 2 weeks. This service is sponsored by IHC Laboratories.

Attorney Consultation

An attorney is available for **free** 20-minute legal consultations the second Tuesday each month. He will be here on **Tuesday, October 11** from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help, but they will not attempt to solicit your business.

Blood Pressure

Thank you to Rite Aid for providing blood pressure screenings on the **first Thursday** each month from **11:00 to 12:00**. Just walk-in!

Medicare Help

Need help with Medicare or supplement issues? Sign up for individualized help on **Tuesday, October 18** at **12:00-2:00**. Bring documents related to the issues and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you out. A volunteer from SHIP comes the third Tuesday each month. Advance appointments are required.

Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round trip ride. Pick up is between **10:00-10:45** and the return ride is around 2:30 after bingo. If you need a ride, call one day in advance. If you are interested in a future Grocery Transportation service, please let the Front Desk know.

2016
Heritage
Center
Events



#10 East 6150 South
(West of State Street)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00 - 4:30

Thursday until

10:00 PM

| Monday | | | Tuesday | | |
|--------|---|----|---------|-------------------------------------|----|
| 9:00 | NIA | 3 | 8:30 | Ceramics | 4 |
| 9:00 | Watercolors | | 9:00 | Stretch / Haircuts | |
| 10:15 | Pickleball | | 9:30 | Line Dancing | |
| 10:30 | Meditation | | 10:30 | Tai Chi | |
| 11:00 | Bridge Lessons | | 11:00 | Canasta | |
| 12:30 | Exercise Help | | 11:30 | Lunch | |
| 1:00 | Movie: Snow White and the Huntsman | | 12:45 | Crafts | |
| 2:00 | Strength Conditioning | | 1:00 | Computer Help | |
| | | | 2:00 | Beginning Line Dancing | |
| 9:00 | NIA | 10 | 8:30 | Ceramics | 11 |
| 9:00 | Watercolors | | 9:00 | Stretch / Haircuts | |
| 10:15 | Pickleball | | 9:30 | Line Dancing | |
| 10:30 | Meditation | | 10:00 | Antelope Island Trip | |
| 11:00 | Bridge Lessons | | 10:30 | Tai Chi / Medicare Class | |
| 12:30 | Exercise Help | | 11:00 | Canasta / 11:30 Lunch | |
| 1:00 | Movie: Love at First Bite | | 12:45 | Crafts | |
| 2:00 | Strength Conditioning | | 1:00 | Computer Help | |
| 5:00 | Golf Banquet | | 1:30 | Attorney Consultation | |
| | | | 2:00 | Beginning Line Dancing | |
| | | | 2:00 | Wood Craft | |
| 9:00 | NIA | 17 | 8:30 | Ceramics | 18 |
| 9:00 | Watercolors | | 9:00 | Stretch / Haircuts | |
| 10:15 | Pickleball | | 9:30 | Line Dancing | |
| 10:30 | Meditation | | 10:30 | Tai Chi / Climbing the Peaks | |
| 11:00 | Bridge Lessons | | 11:00 | Canasta | |
| 12:30 | Exercise Help | | 11:30 | Lunch | |
| 1:00 | Movie: The Great Ghost Rescue | | 12:00 | Hogle Zoo Trip | |
| 2:00 | Strength Conditioning | | 12:00 | Medicare Counseling | |
| | | | 12:45 | Crafts | |
| | | | 1:00 | Computer Help | |
| | | | 2:00 | Beginning Line Dancing | |
| 9:00 | NIA | 24 | 8:30 | Ceramics | 25 |
| 9:00 | Watercolors | | 9:00 | Stretch / Haircuts | |
| 10:15 | Pickleball | | 9:30 | Line Dancing | |
| 10:30 | Meditation | | 9:30 | Driver Safety Class | |
| 11:00 | Bridge Lessons | | 10:30 | Tai Chi / Vital Aging | |
| 12:30 | Exercise Help | | 11:00 | Canasta | |
| 1:00 | Movie: Teen Wolf | | 11:30 | Lunch | |
| 2:00 | Strength Conditioning | | 12:45 | Crafts | |
| | | | 1:00 | Computer Help | |
| | | | 2:00 | Beginning Line Dancing | |
| 9:00 | NIA | 31 | | | |
| 9:00 | Watercolors | | | | |
| 10:15 | Pickleball | | | | |
| 10:30 | Meditation | | | | |
| 11:00 | Bridge Lessons | | | | |
| 12:30 | Exercise Help | | | | |
| 1:00 | Movie: Casper | | | | |
| 2:00 | Strength Conditioning | | | | |

| Wednesday | | | Thursday | | | Friday | | |
|-----------|----------------------------|------|---------------|------------------------------|---------------|--------------------------|------------------------|----|
| 9:00 | Painting | 5 | 8:00 | Pickleball Instruction | 6 | 9:00 | Zumba | 7 |
| 9:15 | Pinochle | | 8:30 | Ceramics | | 10:00 | Yoga | |
| 10:00 | Yoga | | 9:00 | Stretch & Tone / Pickleball | | 11:15 | Chair Aerobics | |
| 10:00 | Transportation | | 9:30 | Fall Colors Trip | | 11:30 | Lunch | |
| 11:15 | Chair Aerobics | | 10:30 | Tai Chi | | 11:45 | Massage | |
| 11:30 | Birthday Wed. Lunch | | 11:00 | Blood Pressure | | 12:30 | Exercise Help | |
| 12:45 | Bingo | | 11:30 | Lunch | | 12:45 | Bingo | |
| 1:00 | Bridge | | 12:45 | Happy Hatters | | 1:00 | Bridge | |
| 2:30 | Computer Help | | 2:00 | Strength Conditioning | | 2:30 | Computer Help | |
| | | | 6:00 | Aging Mastery / 7:00 Dance | | | | |
| 9:00 | Painting | 12 | 8:00 | Pickleball Instruction | 13 | 9:00 | Zumba | 14 |
| 9:15 | Pinochle | | 8:30 | Ceramics | | 10:00 | Yoga | |
| 10:00 | Yoga | | 9:00 | Stretch & Tone | | 10:00 | Flu Shots | |
| 10:00 | Transportation | | 9:00 | Pickleball | | 11:15 | Chair Aerobics | |
| 11:15 | Chair Aerobics | | 10:00 | Winter Brunch Cafe | | 11:30 | Lunch | |
| 11:30 | Lunch | | 10:30 | Tai Chi | | 11:45 | Massage | |
| 12:45 | Bingo | | 1:00 | SLN: Bison Banquet | | 12:30 | Exercise Help | |
| 1:00 | Bridge | | 2:00 | Strength Conditioning | | 12:45 | Bingo | |
| 2:30 | Computer Help | | 6:00 | Aging Mastery | | 1:00 | Bridge | |
| | | | 7:00 | Dance | 2:30 | Computer Help | | |
| 9:00 | Painting | 19 | 8:00 | Pickleball Instruction | 20 | 9:00 | <i>No Zumba</i> | 21 |
| 9:15 | Pinochle | | 8:30 | Ceramics | | 10:00 | Yoga | |
| 10:00 | Yoga | | 9:00 | Stretch & Tone | | 11:00 OKTOBERFEST | | |
| 10:00 | Transportation | | 9:00 | Pickleball | | | | |
| 10:30 | Vertigo Class | | 10:00 | Antelope Island Trip | | | | |
| 11:15 | Chair Aerobics | | 10:30 | Tai Chi | | | | |
| 11:30 | Lunch | | 11:30 | Lunch | | | | |
| 12:45 | Bingo | | 12:45 | Happy Hatters | | | | |
| 1:00 | Bridge | | 2:00 | Strength Conditioning | | | | |
| 2:30 | Computer Help | 6:00 | Aging Mastery | | | | | |
| | | | 7:00 | Dance | 12:45 | <i>No Bingo</i> | | |
| | | | | | 1:00 | Bridge | | |
| | | | | | 2:30 | Computer Help | | |
| | | | | | | | | |
| 9:00 | Painting | 26 | 8:00 | Pickleball Instruction | 27 | 9:00 | Zumba | 28 |
| 9:15 | Pinochle | | 8:30 | Ceramics | | 10:00 | Yoga | |
| 10:00 | Yoga | | 9:00 | Stretch & Tone | | 10:30 | Fall Prevention | |
| 10:00 | Transportation | | 9:00 | Pickleball | | 11:15 | Chair Aerobics | |
| 10:30 | Smile Evaluation | | 9:30 | Toenail Clipping | | 11:30 | Lunch | |
| 11:15 | Chair Aerobics | | 10:00 | Leonardo: Flight Trip | | 11:45 | Massage | |
| 11:30 | Lunch | | 10:30 | Tai Chi | | 12:30 | Exercise Help | |
| 12:45 | Bingo | | 11:30 | Lunch | | 12:45 | Bingo | |
| 1:00 | Bridge | | 2:00 | Strength Conditioning | | 1:00 | Bridge | |
| 2:30 | Computer Help | 6:00 | Aging Mastery | 2:30 | Computer Help | | | |
| | | | 7:00 | Dance | | | | |
| | | | | | | | | |

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the billiard room at the east end of the building.

Bingo

Bingo is played every **Wednesday and Friday at 12:45**.

Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played.



Cards

Bridge—Monday at 11:00, Wednesday and Friday at 1:00

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday at 11:00

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.



Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign up is required. The cost is **\$2** and is paid tournament day. Copies of tournament rules are posted on the bulletin board.

Golf Banquet

The golf year-end banquet will be on **Monday, October 10 at 5:00 pm**. Cost is **\$5** for golfers and **\$8** for a guest. Payment and registration due by Thursday, October 6.



Volunteer of the Month

We will honor Kathleen Sorensen for her years volunteering as our Red Hat Queen on **Thursday, Oct 6 at 12:00** in the dining room before the Happy Hatters meeting which starts at 12:45.



Monday Movie

Join us on **Monday at 1:00** for a **free** movie and popcorn!

- 3 - Snow White and the Huntsman (127 min) - Action/Adventure
- 10 - Love at First Bite (94 min)
- 17 - Great Ghost Rescue (95 min)
- 24 - Teen Wolf (91 min)
- 31 - Casper (101 min)

Bingo Notes

Bingo will be cancelled on Friday, October 21 due to our Oktoberfest Celebration. The next **Special Bingo** will be on **Wednesday, November 9** celebrating Veterans.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Birthday Wednesday

Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month — just tell the lunch cashier you've hit a decade!



Happy Hatters

Red Hat Society chapter meetings are held on the **first Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Annual membership fee of \$5. *Congratulations to Madeline Coleman, the new Queen, and Dorothy Harris, Vice-Queen.*



Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

Strength Conditioning

Monday & Thursday 2:00-3:00

Builds muscular strength, muscular endurance, increase your balance, and improve flexibility.

Stretch & Tone

Tuesday & Thursday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

Tai Chi

Tuesday & Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

Yoga

Wednesday & Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques. Designed to help you relax and rejuvenate your mind and spirit.

Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

Chair Aerobics (25¢)

Wednesday & Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



Exercise Room

The exercise room is open for daily use and contains treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or Free if you have Silver Sneakers, Silver & Fit, or Total Fitness Pass. Ask at the Front Desk for details.



Exercise Help

A group of U of U Exercise & Sports Students will be at the Center every **Monday and Friday at 12:30-2:00**. *This class is included with the Exercise Room Fee.*

The students teach a balance class that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one-help. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10-15 Monthly Fee
- \$30 Total Fitness Pass (includes all exercise classes and the exercise room)

Chakra Meditation

Chakra Meditation with Barbara Battison — Massage Therapist, Energy Body Worker, and Reiki Master —



started on **Monday, September 12 and will run through Monday, October 31 from 10:30-12:00**.

The cost for this 8-week course is **\$20 or \$3 per class**. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced.

Pickleball



Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Play Pickleball at the Center every **Monday from 10:15-12:00** or **Thursday from 9:00-11:00** in the dining room or on the outdoor courts if weather permits. If you are new to the sport, **instructional play** will take place every **Thursday from 8:00 to 9:00**. Open play on the outdoor courts will start at **8:00 every Monday, Thursday, and Friday** during the summer months. Play at the Murray Park Center every **Tuesday and Thursday from 8:00 to 12:00**.

Center Trips



...Travel with friends

Wendover

Travel to Wendover on **Thursday, November 10** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**.

Fall Colors

This trip is currently full. The Fall Colors trip is **Thursday, October 6** leaving the Center at **9:30** and returning at approximately **4:00**.

Hogle Zoo

Utah's Hogle Zoo is a Utah treasure. Located at the mouth of Emigration Canyon since 1931, the Zoo is spread out over 42 acres. Its natural hillside terrain and meandering tree-covered pathways enhance your visit as you discover the wonders of the natural world.

Elephant Encounter — where the Serengeti meets Salt Lake City — presents a Pachyderm Program featuring nature's largest land animals. They can take a bow, return a keeper's hat, stand perfectly still to have their toenails trimmed and much more.

The Heritage Center bus will depart on **Tuesday, October 18 at 12:00** to take in the Elephant Encounter program at 1:30. Cost is **\$12**. Registration begins October 4 for this trip.

Antelope Island

Antelope Island State Park, the largest island in the Great Salt Lake, is home to a free roaming herd of about 500 bison. Pronghorn, deer and bighorn sheep also share the rangelands that overlook the desert lake. The visitor center offers information on the island's unique biology, geology, and history.

The world famous bison roundup takes place October 21-23. Volunteer wranglers will saddle up and move the Park's herd of bison from the southern tip of the island to the bison corrals on the northern end of the island.

The Heritage Center bus will depart on **Tuesday, October 11** and **Thursday, October 20 at 10:00** and **return about 4:00 pm**. Cost is **\$12** and includes a sack lunch. Registration begins September 27 for either of these trips.

Heritage Trip Reminders

- ☺ Dress in layers.
- ☺ Payment needed when reservation is made.
- ☺ You may only reserve a spot for yourself and one guest.
- ☺ Trips are limited to participants 55+.
- ☺ Introduce yourself to others on the bus. The drive provides a great time for getting acquainted.
- ☺ Park at the north end of the parking lot so other participants can park closer to the Center during the day.
- ☺ **Please arrive at least 15 minutes before departure time.**



The Leonardo: Flight

Flight is a completely immersive experience into the world and ecosystem of flight. The exhibit features several interactive components and displays. Climb in and around a massive C-131 aircraft that has been specially fitted to help visitors unlock the secrets and science behind manned flight. Pilot one of two completely original flight simulators, made for the museum by Rockwell Collins, the same ones that modern day pilots train in.

Flight is about the science, engineering, and even art that make flying through the air possible.

The Heritage Center bus will depart for this flight on **Thursday, October 27 at 10:00**. Lunch will be on your own. Cost is **\$12**. Registration begins October 5 for this trip.

Tooele Breakfast



Once again our Center bus will be headed to the Tooele Senior Center for the "2nd Best

Breakfast in Utah." The bus will depart the Center at **9:00** on **Wednesday, November 2** and return about noon. Cost is **\$6** for transportation and the breakfast. Registration begins October 12 for this always delicious trip.

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until **10:00 pm** on **Thursday evenings**. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays.

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-9:30 pm**. Cost of this activity is **\$5** per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray and West Jordan, Chuck-A-Rama, Tony Summerhays, Texas Road House Sandy, and Noreen Hansen.



Brunch Café ... Thank You

The Center wants to say "Thank You" to all the volunteers and participants who helped make this summer's brunch a success. Without our faithful volunteers we would not be able to enjoy such a tasty brunch. A big thank you to Calli for all her help with the brunch; it was a huge undertaking each week.

Thank you to volunteers Adam Schweitzer, Dottie McLean, Sue Benton, Vickie Mower, SelectHealth Employees, Summit Senior Living, Jana Maurer, Alexis MacKay. A special thank you to Leda Wright for the flowers on the patio.



Gingerbread House Contest

Christmas is just around the corner and it is time to start thinking about what your award-winning gingerbread house entry is going to look like for the second annual Murray Memorial Mortuary Gingerbread House contest. This year you will design and create your contest-winning gingerbread house around the theme of the "12 days of Christmas." You will be judged based on the creativity of the house and yard, so let the sugar plums dance around the yard and watch St. Nick land on the roof of your winning gingerbread house. Winners will receive a \$50 cash card for first place, \$25 cash card for second, and \$10 cash card for third place. Competition will be fierce this year. You will be competing against participants from other senior centers in the valley. *Register at the front desk to receive a gingerbread house kit before November 18 and return the decorated gingerbread house to the Center by December 5.* Gingerbread houses will be judged by popular vote at Murray Memorial Mortuary's annual Remembrance Event on Monday, December 12. The awards and Gingerbread houses will be returned to the Center on December 14.



Desserts Reminder

Our daily lunch dessert is intended for those that purchase the \$4 meal. We ask that you only take one dessert if you are purchasing the \$4 meal. At 12:25, if there are any additional desserts left over, the kitchen will have them available for purchase at that time for 50¢. Thank you!

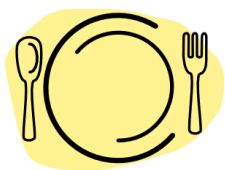


Congratulations!!

Cindy Mangone, our ceramics instructor won a Best of Show and three blue ribbons for professional ceramics at this year's Utah State Fair. JoAnn Nielsen, our ceramics volunteer, also won a Best of Show and three blue ribbons in the Seniors division of ceramics. Waneta Ensign, one of our participants, won a blue ribbon for her ceramics entry, as well. A special congratulations to everyone who participated in the Utah State Fair this year.



October 2016 Lunch Menu



NO RESERVATIONS NEEDED unless it is a *special event*

Lunch is served anytime between 11:30 – 12:30

Make your selection and pay when you are ready to eat

Sandwiches or Salads are available as alternatives

Prices range from \$2 - \$4



| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---|--|--|---|
| <p>3</p> <p>NO LUNCH</p> | <p>4</p> <p>THAI CHICKEN ENCHILADA Cilantro Salad Butter Cake</p> | <p>5</p> <p>CLAM CHOWDER Salad Biscuits Birthday Cake and Ice Cream</p> | <p>6</p> <p>LEMON BUTTER PORK CHOP Roasted Potatoes Brussels Sprouts Bananas Foster</p> | <p>7</p> <p>MEATLOAF Mashed Potatoes and Gravy Peas Chocolate Chip Peanut Butter Caramel Cookie</p> |
| <p>10</p> <p>NO LUNCH</p> | <p>11</p> <p>CHICKEN WELLINGTON Roasted Sweet Potatoes Veggie Shirley Temple Cupcake</p> | <p>12</p> <p>CRANBERRY PECAN CHICKEN Baked Potato Roasted Veggies Berry Pavlova</p> | <p>13</p> <p>BRUNCH CAFÉ 10:00 — 12:00</p> | <p>14</p> <p>PARMESAN CRUSTED CHICKEN Rice Pilaf Veggie Fruit and Cake Salad</p> |
| <p>17</p> <p>NO LUNCH</p> | <p>18</p> <p>BEEF CHIMICHANGA Zucchini Casserole Caramel Snickerdoodle</p> | <p>19</p> <p>CHICKEN AND WILD RICE SOUP ½ Sandwich Fruit Peanut Butter Cookie Lasagna</p> | <p>20</p> <p>GREEN CHILE PORK SALAD Texas Sheet Cake</p> | <p>21</p> <p>*OKTOBERFEST Cost is \$8 Sign up 9/29</p>  |
| <p>24</p> <p>NO LUNCH</p> | <p>25</p> <p>CHEDDAR BROCCOLI SOUP ½ Sandwich Fruit Bread Pudding</p> | <p>26</p> <p>SWEDISH MEATBALLS Egg Noodles Veggie Rum Cake</p> | <p>27</p> <p>LOBSTER MAC n CHEESE Green Salad Toffee Crunch Cookie</p> | <p>28</p> <p>STUFFED PORK CHOP Potato Casserole Veggie Peach Cobbler</p> |
| <p>31</p> <p>NO LUNCH</p> | | | | |